

# SIDS TRAINING FOR CHILDCARE PROVIDERS/FOSTER PARENTS

## COURSE OUTLINE

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15 MINUTES

### WELCOME/INTRODUCTION

- Begin with the slide entitled ***SIDS Training for Childcare Providers/Foster Parents\* (Slide No. 1)***
- Self introduction, announcements, housekeeping items
- Introduce the training by reviewing the needs
  - ***Needs\* (Slide No. 2)*** ~ Regular and ongoing SIDS education and training (SB 1067)
  - ***Needs\* (Slide No. 3)*** ~ Information and instructional materials relating to SIDS (AB 757)
  - ***Needs\* (Slide No. 4)*** ~ Training to provide information and materials
  - Review training materials/handouts – discuss briefly
- ***We Will Talk About\* (Slide No. 5)***
  - Outline what you will cover
  - Share what they will learn
- Encourage questions as they arise, rather than waiting until the end of the session

25 MINUTES

### SIDS OVERVIEW

- ***Definition of SIDS\* (Slide 6)*** ~ Review this slide
- When a baby dies of SIDS ~ ***What Happens\* (Slide No. 7)***
- SIDS facts ~ ***Facts About SIDS\* (Slide No. 8)***
  - 90% of SIDS deaths occur in the first 6 months of life
  - Peak is 2 to 4 months of age – 75% of SIDS cases occur at this age
  - Babies seem to die in their sleep, without struggling or suffering
- What SIDS is NOT ~ ***SIDS is Not Caused by\* (Slide No. 9)***
  - SIDS is not caused by child abuse or neglect
- Difference Between SIDS and Child Abuse
  - ***Physical appearance of SIDS infant\* (Slide No. 10)*** ~ Discuss physical findings of SIDS infant
  - ***Distinguishable and visible signs of injury\* (Slide No. 11)*** ~ Review list of signs of injury and/or child abuse
  - SIDS statistics – Discuss CA and your county's statistics (info is on CA SIDS Program website)
    - Racial Differences in SIDS death rates – 2 to 3 times higher for African Americans

20 MINUTES

### CURRENT THEORIES ABOUT SIDS

- Contributing factors
  - Epidemiological studies have identified risk factors SIDS
  - Risk factors do not cause SIDS, risk factors are clues for research into the cause(s) of SIDS
  - ***Material Risk Factors SIDS\* (Slide No. 12)***, such as age less than 19, tobacco use, lower socio-economic group
  - ***Infant Risk Factors for SIDS\* (Slide 13)***, such as gender and low birth rate are associated with increased risk for SIDS
  - Stress that babies can die of SIDS WITHOUT having any risk factors

- **Multifactorial SIDS Theory\* (Slide No. 14)** ~ SIDS may be an interaction of at least three (3) factors
  - **Infant's Physiologic Responses\* (Slide No. 15)**
    - All infants have unstable respiratory, neurologic and cardiovascular control
    - Some infants have undetected arousal response deficit (see Dr. Keens' article on CA SIDS website)
  - The baby's age ~ **Development (Age Vulnerability)\* (Slide No. 16)**
    - 90% of SIDS deaths occur by 6 months of age, but infant still vulnerable to age one year
  - The environment ~ **Environmental Factors\* (Slide No. 17)** NOTE: This slide will continue into the next segment.)
    - Infants are challenged by changes in their environment and must respond
    - Researchers have identified risk factors which can be changed and possibly alter an infant's risk for SIDS
    - Review the environmental factors on the slide ~ **Environmental Factors\* (Slide No. 17)**

**30 MINUTES**

### **REDUCING THE RISK OF SIDS**

- **Environmental Factors\* (Slide No. 17)** ~ (Continued from previous segment.)
  - Prone position for sleep
  - Smoking, both prenatal and after the baby is born
  - Temperature/clothing ~ overheating
  - Unsafe sleep settings ~ waterbeds, sheepskins, pillows, etc. (Discuss *Consumer Product Safety Commission Soft Bedding Alert* in packet)
  - Potential danger of adult bed for infant
  - Loose bedding in crib/bassinet
- How childcare providers can help reduce an infant's risk of SIDS ~ **9 Ways to Reduce the Risk of SIDS\* (Slide No. 18)**
  - Sleep position
    - Setting a policy, talking to parents about it
  - Safe sleep setting: bedding, mattress (*Consumer Safety Alert on soft bedding* – available on the CA SIDS Program website – review soft bedding practices)
  - No smoking around baby
  - Don't overheat
  - Talk to parents about regular checkups and immunizations
  - Show the video: *Helping to Reduce the Risk of SIDS or Make a Difference* to reinforce this segment

**30 MINUTES**

### **WHEN SIDS HAPPENS IN CHILDCARE**

- The emergency ~ **What To Do In An Emergency\* (Slide No. 19)**
  - Important to get other children away from resuscitation efforts
- Discuss sequence of events ~ **When SIDS Happens\* (Slide No. 20)**
- **The Investigation\* (Slide No. 21)**
  - Law enforcement – a death scene investigation
  - Licensing – DSS Community Care Licensing involvement
  - Coroner also at death scene
- **The Investigation ~ Serves 3 purposes\* (Slide No. 22)**
- The coroner ~ **Coroner's Responsibilities\* (Slide No. 23)**

- The role of the local health department in a SIDS case ~ ***Local Health Department\* (Slide No. 24)***
  - Discuss what the Public Health Nurse does for the family and childcare provider
- The SIDS baby's parents ~ ***The Parents\* (Slide No. 25)***
- ***After A SIDS Event\* (Slide No. 26)***
- The other children and their parents ~ ***How to Tell the Other Children\* (Slide No. 27)***
  - Be sure to tell the other parents what you have told their children about the event
- What you may feel after a SIDS death ~ ***Your Feelings – What to Expect\* (Slide No. 28)***
  - Support services available to you as the care giver
  - ***Support and Services\* (Slide No. 29)***

**15 MINUTES      BREAK**

**20-45 MINUTES      UNDERSTANDING THE IMPACT OF SIDS**

- SIDS Parent Panel
  - If a parent panel is not available, you can show the video *Caregivers Hurt, Too*
  - As time permits discuss the SIDS experiences of the panel or those expressed by the childcare providers in the video
- Discuss the role of the SIDS parent support organization
- Discuss bereavement support organizations, local resources and their role(s)
- Discuss the role of Child Care Advocates (they work with DSS Community Care Licensing)

**15 MINUTES      SUMMARY**

- Review resources in packet – discuss multi-language, multicultural materials and how to obtain
- ***Review State Resources\* (Slide No. 30)*** ~ including CA SIDS Program website and DSS Child Care Advocates
- ***Local Resources\* (Slide No. 31)***
  - Discuss your local SIDS program and provide your contact number
  - Provide information for local bereavement support groups; such as, SIDS Parent Support Groups, Compassionate Friends, SHARE, etc.
- Questions and answers
- Concluding remarks
- Evaluations, if desired
- Certificates distributed, if issued